



Sabbath Guide

resting & releasing

Sabbath // Resting & Releasing

“It is a courageous thing to allow yourself to say, ‘I have done enough today.’”

– K.J. Ramsey

Once we have begun practicing *slowing down and ceasing*, we are better positioned to enter into the heart of the Sabbath practice: *resting*. Actually letting ourselves rest can be surprisingly difficult. By resting, we are declaring that our activities do not keep the world turning, that God is on the throne, and that we have permission to heed his invitation to take a Sabbath day. As John Mark Comer puts it, “Rest is a radical, countercultural act of resistance to the powers and principalities of a world at war with God and his kingdom of peace.” Sabbath reminds us that we are not meant to be constantly hustling and striving—we have access to abundance in Christ, and we can find peace in his presence.

Consider which of the following practices might help you engage in *resting* and *releasing* this month:

Embrace stillness and release striving

- Set aside time to literally be at rest! Consider what it might look like to devote more time to sleep and leisurely activities. How might you create more time and space in which you are not “moving things forward”?
- Keep a notepad or similar spot where you can record any distracting anxieties—such as unfinished chores or work tasks or a difficult conversation you know you will need to have next week. Turn this into a list of prayers to God.

Move at a slower pace

- Intentionally schedule fewer things into your day so that you’re not rushing.
- Give yourself ample time to get anywhere you’re going. Drive the speed limit. Walk at a more casual pace. Choose activities that will allow you to move slowly throughout the day.

Pick one to three of these activities to say *no* to during your Sabbath:

- Phone
- Social media
- Internet
- TV and entertainment
- Shopping or buying things
- Chores or errands
- Sports
- Social obligations